

Love to do Contra Dance?
Love to do English Country Dance?
(With 2 parallel tracks, you can do *either* or *both*!)
Want to IMPROVE your skills?



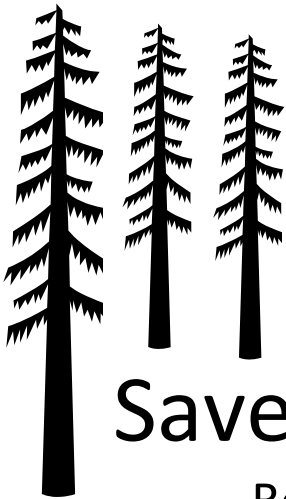
Save the date: **March 19-21, 2010**

Retreat to the redwoods for our NEW program

BACDS Spring Dance Weekend

at the beautiful Monte Toyon Retreat Center in Aptos, CA, just north of Santa Cruz.

The program threatens to include waltz, swing, hambo, polka and other couple dance workshops, experienced English and Contra callers and great live music, workshops that really teach you how to improve your technique and advanced dance sessions to test your mettle. Explore on a guided hike, join a sing-along, make new friends or just relax. Mark your calendar and watch for more details on a flyer table near you or on our website at <http://bacds.org/sw>



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